

Darnall Army Community Hospital, Fort Hood, Texas

# Department of Pathology & Area Laboratory Services

Care - Quality - Readiness



## INSTRUCTIONS 24-Hour Urine Specimen Collection Vanillymandelic Acid (VMA)

**72 hours before collecting urine specimens, avoid eating or drinking things that contain:**

- salicylates (aspirin)
- caffeine
- phenothazine agents
- hypertension agents
- tea
- coffee
- chocolate
- fruits (especially bananas)
- vanilla

If ingested, these items will interfere with the test result.

Continue taking prescribed medications unless our provider instructs you not to.

**PLEASE KEEP SPECIMENS REFRIGERATED OR ON ICE.**

**For 24 hours:**

- Discard the first urine of the morning
- Begin the 24-hour collection with the second urine of the morning
- Save all urine throughout the day and night
- Save the first urine of the second day. (This provides complete 24-hour testing.)

For more information, please call 288-8227/8228.